

## Create Your Soulful Sanctuary with Pixie Lights candles





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### Introduction:

In today's fast-paced world—where stress, anxiety, and burnout are all too common—creating a soulful sanctuary at home is no longer a luxury. It's a **vital act of self-care**.

Your home is more than just a place to live. It is a powerful influence on your emotional rhythm, your clarity of mind, and your ability to feel safe and connected. When infused with intention, it becomes a space that nurtures peace and invites presence.

**This workbook is your guide to building that space—step by step—with Pixie Lights.**

Whether you're starting from scratch or refining a quiet corner, you'll find soulful encouragement, practical rituals, and gentle guidance to help you create a sanctuary that feels like coming home to yourself.

### In the following pages you will find:

Quizzes to clarify your unique sanctuary style

- Journaling prompts for emotional awareness and reflection

- Mood and ritual planning templates to support your week
- Candle pairings for your emotional wellness needs
- Affirmations, breathwork, and guided practices
- Seasonal inspiration to evolve with the rhythms of nature

Let's begin building a space that softly holds who you are—and who you're becoming. 🕯️

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## What's Your Sanctuary Style?

### What's Your Sanctuary Style?

**Discover your ritual archetype—and the perfect Pixie Lights candle to create your sacred space.**

This soulful 15-question quiz is designed to guide you to the heart of your sanctuary needs: whether you're rooted in nature, thriving in whimsy, or at peace in simplicity. Answer intuitively.

#### ☐ 1. What does the word "sanctuary" feel like to you?

- A) Earthy, rooted, like stepping into a forest temple
- B) Dreamy, soft, a portal to another world
- C) Clean, open, like a breath of fresh air

#### ☐ 2. Which scent profile calls to you the most?

- A) Warm woods, herbs, and natural resins
- B) Floral, fruity, or sweetly spiced
- C) Clean, fresh, or airy with soft edges

### 3. You light a candle. What do you want it to do?

- A) Ground and calm you
- B) Inspire and enchant you
- C) Clear your mind and refresh your space

### 4. Choose your ideal candle:

- A) **Rosemary & Bay** or **Palo Santo & Rose**
- B) **Snowing Fairy** or **Watermelon & Kiwi**
- C) **Driftwood & Sea Salt** or **Lily & Lotus**

### 5. When you're feeling off-balance, what helps bring you back?

- A) Nature walks, gardening, working with your hands
- B) Music, journaling, daydreaming
- C) Tidying, decluttering, stillness

### 6. Your ideal sanctuary space looks like:

- A) Filled with wood, stone, herbs, natural textures
- B) Whimsical lights, flowing fabrics, art and color
- C) Neutral tones, minimal furniture, open space

### 7. What's your go-to self-care ritual?

- A) Stretching on the floor with incense or a grounding candle
- B) Bubble bath, book, tea, and soft music
- C) Silent meditation in a tidy space with sunlight

### 8. Which Pixie Lights scent speaks to your soul?

- A) **Patchouli & Peppercorn** – rich, earthy, bold
- B) **Red Roses** – lush, romantic, timeless
- C) **Lavender & Chamomile** – calming, balanced, peaceful

9. Pick the scent that feels most "you":

- A) **Egyptian Amber** – exotic, resinous, grounding
- B) **Velvet Plum & Embers** – sweet, spicy, luxurious
- C) **Meditate Mode** – clean, fresh, focused

10. Which scene do you long for most?

- A) A walk through a sun-warmed herb garden
- B) Dancing through a meadow in soft light
- C) Sitting by the sea in silence, just breathing

11. Which candle would you light during a creative ritual or celebration?

- A) **Cinnamon & Saffron** – spicy, comforting
- B) **Chocolate Truffle & Posh Honey** – rich, sweet, luxurious
- C) **White Pumpkin** – cosy, nostalgic, grounded

12. You're deep in meditation. Which scent supports you?

- A) **Palo Santo & Rose** – sacred and floral
- B) **Lily & Lotus** – serene and watery
- C) **Dark Coffee** – warm, focused, intense

13. Choose the feeling you want your home to carry:

- A) Sacred, connected, intentional
- B) Magical, fun, expressive
- C) Serene, clean, calm

## 14. Which candle helps you rest best at night?

- A) **Rosewood & Coconut** – warm, lush, grounding
- B) **Pumpkin Spice** – cosy, nostalgic, dreamlike
- C) **Lavender & Chamomile** – soft, floral, calming

## 15. What season feels most like home?

- A) Autumn – rich, grounding, full of ritual
- B) Spring – playful, bright, full of potential
- C) Winter – crisp, still, meditative

## How to Score:

- **Mostly A's:** 🌿 *Earthbound Guardian*  
You're deeply attuned to nature, tradition, and grounding practices.  
**Sanctuary Scent Suggestions:**
  - *Patchouli & Peppercorn*
  - *Palo Santo & Rose*
  - *Egyptian Amber*
  - *Rosewood & Coconut*
- **Mostly B's:** 🌙 *Whimsical Dreamer*  
You're led by the heart, creativity, and imagination.  
**Sanctuary Scent Suggestions:**
  - *Snowing Fairy*
  - *Velvet Plum & Embers*
  - *Chocolate Truffle & Posh Honey*
  - *Red Roses*
- **Mostly C's:** 🕊️ *Tranquil Minimalist*  
You seek peace through clarity, space, and stillness.  
**Sanctuary Scent Suggestions:**
  - *Lavender & Chamomile*
  - *Driftwood & Sea Salt*
  - *Meditate Mode*
  - *Lily & Lotus*

## ☑️ Tally Your Answers:

Count how many A's, B's, and C's you chose.

- \_\_\_\_\_ A's
- \_\_\_\_\_ B's
- \_\_\_\_\_ C's

## Your Sanctuary Archetype

### Mostly A's – The Earthbound Guardian

You crave rootedness, nature's rhythm, and a grounded sanctuary to return to. Ritual for you is sacred, sensory, and practical. You feel most restored when surrounded by nature's elements.

#### Perfect Pixie Lights Scents:

- Patchouli & Peppercorn
- Rosemary & Bay
- Palo Santo & Rose
- Rosewood & Coconut
- Egyptian Amber

#### Ritual ideas:

- Light your candle and stretch or meditate on the floor
- Ground with herbs, stones, and wooden textures
- Practice barefoot walks or daily nature connection

### Mostly B's – The Whimsical Dreamer

Your soul is drawn to imagination, beauty, and joy. Your home is your playground for magic, creativity, and emotion. You crave softness, sensuality, and expression.

#### Perfect Pixie Lights Scents:

- Red Roses
- Snowing Fairy
- Watermelon & Kiwi

- Chocolate Truffle & Posh Honey
- Velvet Plum & Embers

**Ritual ideas:**

- Light your candle and write, sketch, or daydream
- Create vision boards or moon rituals
- Fill your space with music, color, and texture

## Mostly C's – The Tranquil Minimalist

You thrive in simplicity and serenity. Your home is your mental reset—clear, airy, and uncluttered. You don't need more things; you need meaningful, mindful space.

**Perfect Pixie Lights Scents:**

- Lavender & Chamomile
- Driftwood & Sea Salt
- Lily & Lotus
- Meditate Mode
- Dark Coffee

**Ritual ideas:**

- Light your candle for meditation, breathwork, or journaling
- Practice digital detox and space clearing
- Let sunlight and scent reset your nervous system



**Create daily moments of magic and calm with these simple, soulful rituals to deepen your sanctuary practice.**

### Morning Grounding Ritual

- Light your Pixie Lights candle that aligns with your sanctuary style.
- Take 3 slow, deep breaths, inhaling the scent fully.
- Set an intention for your day. For example: “I carry calm with me.” or “I open to joy and creativity.”
- Stretch gently or move your body to awaken with awareness.

### Midday Reset Ritual

- Pause in your workspace or sanctuary corner.
- Light your candle or hold it nearby.
- Close your eyes and breathe deeply for 2 minutes.
- Visualize your breath clearing tension and inviting focus.
- Sip water or herbal tea slowly to nourish yourself.

### Evening Unwind Ritual

- Create cozy lighting—dim lights, lamps, or candles.
- Light your calming candle, such as Lavender & Chamomile or Rosewood & Coconut.
- Write 3 things you are grateful for in your journal.
- Practice gentle stretches or restorative yoga.
- Optionally, read a few pages of a favorite book or listen to soft music.

### Weekly Sanctuary Deep Cleanse

- Choose a weekend morning or afternoon.
- Clear clutter and dust your sanctuary space mindfully.
- Open windows to invite fresh air.
- Light your grounding candle, like Patchouli & Peppercorn or Palo Santo & Rose.
- Meditate or journal on how your sanctuary feels, what could deepen your connection.

- Add a plant, new fabric, or art that inspires you.

## Seasonal Renewal Ritual

- At the change of each season, create a ritual to honor the shift.
- Use scents that echo the season's energy (e.g., warm spices for autumn, fresh florals for spring).
- Cleanse your space energetically by burning sage, palo santo, or ringing a bell.
- Reflect on what you're releasing and what you want to invite.
- Write or speak affirmations aloud to seal your intention.

## Rituals for Your Soulful Sanctuary: Light Your Way with Pixie Lights

Your sanctuary is a sacred space, not just in your home—but within yourself. Each time you light a candle, you invite presence, softness, and the possibility of transformation.

These rituals are designed to be simple, powerful, and deeply nourishing. Whether you have five minutes or a whole afternoon, your Pixie Lights candles can become companions on your journey back to yourself.

### What Rituals or Practices Do I Want to Nurture Here?

Before you begin, ask yourself:

- What do I want to feel in this space?
- What do I want to let go of?
- How do I want to emerge?

Set an intention. Light your candle. Begin.

### Grounding Rituals

*Anchor the body so the spirit can expand.*

- **Candle to use:** Forest & Fig or Cedarwood
- Stand barefoot—indoors or out. Feel your connection to the Earth.
- Whisper: “I belong here. I am rooted in this moment.”

**Try the 5-4-3-2-1 grounding practice:**

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Hold a grounding object (stone, crystal, herb pouch) and breathe with it for 30 seconds.

## Gratitude Practice

*Shift your lens to what is already enough.*

- **Candle to use:** Chamomile & Honey
- Write down or whisper three things you’re grateful for.  
Focus on small beauties: the scent of rain, the warmth of your cup, a smile.
- Add this gentle release: “I’m thankful for this, and I let go of what no longer serves.”

**Create a mini altar:** Place objects or photos that symbolize joy, love, and connection.

## Meditation Moments

*Invite stillness to speak.*

- **Candle to use:** Lavender & Musk or Sea Salt & Tonka
- Sit in a comfortable spot. Let the candle be your visual anchor.
- Begin with 60 seconds of stillness.

Try these mantras:

- “In this breath, I return to myself.”
- “Peace begins here.”

**Bonus:** Practice scent meditation—inhale your candle’s fragrance with slow, mindful breaths, then exhale with a sigh.

## 🕯️ Breathwork Rituals

*Let breath be your medicine.*

- **Candle to use:** Lemon Verbena or Eucalyptus Mint
- Try the 4-7-8 breath:
  - Inhale for 4
  - Hold for 7
  - Exhale for 8 (with sound)

Visualize: Each inhale as light, each exhale as mist.

**Add movement:** Sway, stretch, shake—let tension melt through your breath.

## Affirmation Practice

# Affirmations for Emotional Wellness

Repeat these affirmations daily or during ritual moments to reinforce calm, joy, and groundedness in your sanctuary.

### For Calm & Grounding:

- “I am safe and supported in my space.”
- “Peace flows through me with each breath.”
- “My sanctuary nurtures my soul.”

### For Joy & Creativity:

- “I welcome magic and wonder into my life.”
- “I am open to inspiration and play.”
- “My creativity flows effortlessly.”

### **For Clarity & Presence:**

- “I release what no longer serves me.”
- “I am present in this moment, fully alive.”
- “Simplicity brings me peace.”

*Speak the reality you want to believe into being.*

- **Candle to use:**
  - Red Roses for love
  - Patchouli & Peppercorn for empowerment
  - Frankincense for wisdom

Choose or write your affirmation. Say it three times aloud:

- “I am safe and guided.”
- “I allow joy to flow freely.”
- “I honour my journey and its divine timing.”

Place hands on your heart, arms open, or use a mirror to deepen the connection.

**Bonus:** Record your affirmations and play them back daily.

### **Journal Prompts for Your Sanctuary**

Use these to deepen your connection to your space:

- What objects hold meaning for me here?
- How much time can I realistically spend in this space each day?
- What boundaries do I need to protect this space?

- What part of me is asking to be nurtured right now?

### Final Note

Ritual doesn't have to be perfect—it just has to be intentional. Even one candlelit breath can be a revolution.

# Journaling Ideas

Use these prompts to explore your emotional wellness, deepen self-awareness, and tune into your sanctuary needs.

## **1. What does sanctuary mean to me?**

Reflect on how your living space supports or challenges your well-being.

## **2. When do I feel most at peace at home?**

Describe the sights, sounds, scents, and feelings in that moment.

## **3. What emotions do I want to cultivate in my sanctuary?**

List three feelings (e.g., calm, joy, focus) and why they matter.

## **4. How can I create space for these emotions daily?**

Brainstorm rituals, habits, or small changes.

## **5. What objects or scents bring me comfort?**

Consider candles, plants, textiles, or other meaningful items.

## **6. What emotional clutter am I ready to release?**

Write about what no longer serves your peace or growth.

## **7. How can I invite more magic into my everyday life?**

Explore playful or creative ways to brighten your space and spirit.

# Candle Care & Safety Tips

To enjoy your Pixie Lights candles safely and get the best experience from each burn, follow these simple guidelines:

## 1. Trim Your Wick

Before lighting, trim the wick to about ¼ inch (6 mm). This helps prevent soot, keeps the flame steady, and extends the life of your candle.

## 2. Burn Long Enough

Burn your candle for at least 2-3 hours or until the wax melts evenly across the surface. This prevents tunneling and ensures the entire candle burns evenly.

## 3. Keep Away From Drafts

Avoid placing your candle near open windows, fans, or vents. Drafts cause uneven burning, excessive flickering, and can be a fire hazard.

## 4. Never Leave Unattended

Always extinguish your candle when leaving a room or before going to sleep. Never leave burning candles unattended.

## 5. Use a Heat-Resistant Surface

Place your candle on a flat, stable, and heat-resistant surface to protect furniture from heat damage.

## 6. Keep Away From Flammable Objects

Make sure your candle is away from curtains, papers, and anything flammable.

## 7. Keep Out of Reach of Children and Pets

Ensure candles are placed where they cannot be knocked over or reached by children and pets.



## 8. Extinguish Properly

Use a candle snuffer or gently blow out your candle to avoid splattering hot wax. Avoid using water to extinguish the flame.

## 9. Store Properly

Keep unused candles in a cool, dry place away from direct sunlight to preserve their scent and quality.

# Scent Pairing Guide to Create Moods

Pixie Lights candles are designed to help you shape your environment and emotions. Here's how to pair scents to craft the perfect mood for your sanctuary:

### Calm & Relax

- **Lavender & Chamomile + Driftwood & Sea Salt**  
A soothing blend to calm your mind and bring the tranquility of nature indoors.  
Perfect for winding down after a busy day.

### Grounded & Centered

- **Patchouli & Peppercorn + Rosemary & Bay**  
Earthy, herbal notes that root you deeply and create a sacred feeling of balance and strength.

### Romantic & Luxurious

- **Red Roses + Palo Santo & Rose**

A lush, floral pairing that inspires passion and indulgence, great for special evenings or self-love rituals.

### Warm & Cozy

- **Cinnamon & Saffron + Rosewood & Coconut**

Rich, spicy warmth that wraps you in comfort and nostalgia — ideal for cozy nights and autumn vibes.

### Uplifting & Joyful

- **Snowing Fairy + Watermelon & Kiwi**

Bright, fruity, and playful scents to energize your space and spark creativity or celebrations.

### Focus & Clarity

- **Meditate Mode + Lemon Verbena**

Clean, fresh, and invigorating aromas that support mental clarity, concentration, and mindfulness.

### Indulgent & Sweet

- **Chocolate Truffle & Posh Honey + Velvet Plum & Embers**

Decadent and sweet, these scents add richness and sensuality to your sanctuary, perfect for treating yourself.

Finally remember as you create and shape your space with scent and intention remember your sanctuary is more than an atmosphere, it's home, peace, empowerment, manifestation and a place to dream where your heart exhales.

Pixies were guardians of the earth, of wellbeing, tiny unseen helpers who brought laughter to heavy days and guided the weary home. Honour the legacy, each flame a torch to help you and yours smile again, spark joy and anchor you to the present.

Your journey doesn't end here, it's only beginning to shop the Pixie lights website and infuse your sanctuary with light, let yourself shine.